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# NUTRITION

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## News Letter

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### MEASURES TO SPEED UP EMERGENCY CAMPAIGN

From many sources—the radio, the daily papers, meetings, and special materials received by mail—the current news of and action on the famine emergency are already available to you. Yet it seems worth while to summarize a few high lights of the present situation by drawing from the April letter of the Famine Emergency Committee to President Truman and to other reports now in our hands (early May):

The food crisis abroad has grown more serious since the May News Letter went to press. The most critical period of the famine will continue until the next harvest is in. Needy countries have not been receiving food in sufficient amounts to keep pace with their current dire need for food. Herbert Hoover reports that millions of children as well as adults are undergoing malnutrition and slow starvation in the countries he has visited. The health, working capacity, and very lives of millions depend upon prompt action by the people and the Government of the United States.

We failed to meet our goal for grain exports during the first quarter. We also fell short of our expected loadings of fats and oils. In April, exports of wheat continued to be short. To make up those deficits and meet our goals for the rest of the present quarter has called for the strongest action. Programs for voluntary conservation on the part of families, individuals, restaurant managers, and food industries have effected some savings but not in the proportion hoped for. The 80 percent flour extraction program will probably save around 15 to 20 million bushels of wheat instead of 25 million bushels as was thought. The wheat certificate program announced in April, together with the 30-cent bonus per bushel for wheat delivered before May 25, has encouraged farmers to make their stocks of wheat available rapidly for shipment abroad. By the end of April wheat had begun to move. To get this wheat assembled for

shipment abroad between now and July 1 will take the fullest cooperation of farmers, grain elevators, and Department of Agriculture employees. The big harvest of wheat in North Africa, saved by recent rains, should greatly relieve the situation in France and southern Europe.

The emergency is not over. Food conservation is essential not only all through this year but through 1947. Therefore, drastic measures have been recommended to limit the use of grain in feeding livestock. . . . Distillers have been limited to 3 days' operation (or 24 hours) during the month of May. At the same time, distillers may use no wheat, and such other grains as they may use must be low-grade, not suitable for export to famine-stricken areas. . . . Other Government actions announced April 19 will allow less wheat to millers, bakers, and food manufacturers. Millers have been requested to reduce their production of flour for domestic consumption to 75 percent of the amount distributed in May and June of last year. Food manufacturers are required to limit the use of wheat in the manufacture of products for domestic human consumption to 75 percent of the quantity used in the corresponding period last year. Effective May 1, millers and food manufacturers are allowed only a 21-day supply.

As the result of these orders, the homemaker is even now finding less of some of the products made from wheat in the stores. Many consumers more readily accept the importance of making their contribution to the wheat supply by buying less when they find less bread, sweet rolls, cake, pastry, crackers, breakfast cereals, and other wheat products on the market. The same has been true of table and cooking fats for some time.

As the full effect of 25 percent less of flour and of wheat products becomes evident, many homemakers will need help in adjusting their meal plans and food preparation. Some of them may also need to be reassured about the nutritive



value of the family's diet as they find it necessary to change their pattern of eating in order to share cereal products and fats.

Some homemakers may request menus for "famine diets" to be followed one or more days per week. Under some circumstances, it is possible that observation of famine days would defeat its purpose. For instance, such a plan might, unfortunately, lead to eating in this country the same kinds of food that constitute famine diets in devastated countries—that is, more of the bread and cereals which we are asked to use sparingly. If instead the plan featured the low-calorie intake typical of famine-stricken countries without using critical foods, there could still be disadvantages. This might put all family members, regardless of individual needs, on a low-fuel intake, undesirable for some. It would recommend for all families participating, regardless of economic level, the use of many comparatively high-cost foods. Furthermore, participation in a famine-day program could easily lead some people to eat more than usual on other days. Nevertheless, nutritionists agree that programs should be developed to encourage those individuals who are eating beyond their needs to reduce their food intake, especially those who are overweight because of overeating. The general, over-all emphasis on cutting down waste and eating less fats and oils and less wheat and cereals must be the keynote of the educational program around which any meal plans are suggested.

\* \* \*

In arranging for educational approaches to homemakers, it is well to keep in mind that Chester C. Davis, Chairman of the Famine Emergency Committee, and Secretary of Agriculture Anderson agreed on May 1 that long-range planning on food conservation is necessary. Programs planned now will be useful for continuing the emphasis on conservation measures after this year's harvest is in, during 1947, and as much longer as the need exists.

\* \* \*

#### FULL OPERATION OF COMMUNITY CANNING CENTERS EXTREMELY IMPORTANT

We hope that by the time this News Letter reaches you all existing Community Food Preservation Centers will

either be in full operation or plans will be laid for opening them on a full schedule. Emphasis on food preservation is as important this year as at any time during the war. Maximum use of the centers will increase the winter supply of food for many families, and for school-lunch programs and welfare institutions as well.

We shall be able to share more of the high-calorie, easy-to-ship foods with the hungry people of the world if we preserve seasonal abundances. For this reason, the food preservation program is a part of the over-all food conservation emphasis, and ties in with victory gardening. Together, gardening and preservation will make their contribution to the longer emergency campaign, which at present is stressing save the wheat, salvage the fats, and prevent food waste. Nutrition Committees can be helpful in so orienting the preservation program and in featuring the advantages of preserving at the centers. It may be important also to stimulate community interest in setting up mobile units in localities where no permanent canning centers exist.

#### NOTES FROM THE FIELD

CONNECTICUT.—The State Nutrition Committee (which was disbanded when WFA was abolished) was recently called into existence by the Governor to function during the food emergency. The Committee is working with the State Food Administrator and the Emergency Food Program Manager to give immediate help in the Famine Emergency Campaign. It is organized as one of four groups in a coordinated effort; the other committees are Food Trades, Garden and Preservation, and Feed Advisory. A single Public Relations Committee is in charge of all publicity; radio spots and press reports are going out at regular and frequent intervals.

The Nutrition Committee is using the slogan "Share Your Food and Save a Life." The Committee is meeting each week. In order to rush contacts, each member has offered to be responsible for one or more groups within the State. Thus it is expected that every individual in Connecticut will be reached—probably through more than one channel.

Through the courtesy of the State Department of Health 50,000 copies of a flyer for home use have been printed.



These are to be distributed through the churches, at club meetings, etc. They were given out at the Litchfield County meeting held on April 29, at which committees were appointed to work on the program. Much will be done at the local level. The State Food Administrator has asked all mayors and selectmen to appoint committees for the over-all program and to include nutrition in their set-ups. The Bridgeport Committee has already had a food conservation exhibit, in cooperation with the Terminal Market.

An exhibit entitled "Food for Europe's Hungry" has been made and used in several localities. Sheets of directions have been prepared to help local committees in setting up the exhibit.

Public eating places are being reached through the courtesy of the State Restaurant Association in distributing the folder "Help Fight Famine" to all its members. The association is also planning a conservation program.

The Connecticut Red Cross, through its nutritionists and lay workers, is planning to reach the public eating places not affiliated with the Restaurant Association by means of personal visits. It is also hoped that social clubs that gather for dinner meetings may be reached in this way.

NORTH CAROLINA.—Materials received by the State Nutrition Committee on the Famine Emergency Campaign have been used to prepare:

1. An article for the local papers. This article was taken up by the Associated Press and given wide circulation in North Carolina papers.

2. An article for the May issue of the State Board of Health Bulletin.

3. A broadcast over the local station that was mimeographed for distribution in response to 150 requests.

4. A letter that was sent to every county health department in the State asking their help and cooperation.

5. A letter sent with the campaign fact sheets to the following six State organizations, asking that the information be relayed to their representatives:

- a. Superintendent, State Welfare Dept.
- b. Secretary, Association of Universities and Colleges.
- c. President, Federated Women's Clubs.
- d. President, P.-T. A.
- e. President, Ministerial Association.
- f. Other miscellaneous organizations and individuals.

UTAH.—Members of the State Nutrition Committee are working on the State Famine Emergency Committee which has formulated plans and programs for public education on the need to conserve food. May 5-11 has been established as Utah Food Conservation Week in the Famine Emergency Program by a proclamation of the Governor. The State PMA office is handling publicity for this event. The State Nutrition Committee has organized three committees to assist in the program: A radio publicity committee to be responsible for a daily 5-minute spot program emphasizing conservation and suggesting uses for foods not on "scarce list"; a committee on printed publicity to prepare news editorials, copy for women's pages, and articles for all magazines published in the State; and a committee to work with public food service organizations on their educational program.

OKLAHOMA.—The State Nutrition Committee reports that the meetings it has held this year have been especially helpful. The Committee is now giving full attention to the food emergency program.

County nutrition committees are organized in all counties and are functioning well in 69 of the 78 counties. The State committee keeps in touch with the goals and accomplishments of county committees through:

1. Reports given by county chairmen at State Nutrition Council meetings;

2. Field work done by representatives of the State committee who are assigned to work with the chairmen and committees in designated counties;

3. Through a sharing of activities of county committees in "Sooner Selections," the news letter published quarterly by the State committee.

Special goals of county committees for the year include an emphasis on the school-lunch program, both as to the lunch itself and its educational value; various conservation measures to get the most value from foods; and continuation of educational programs on enrichment and on better breakfasts.

The need for in-service training of school-lunch employees has been met in a number of counties by special training courses. The State Nutrition Committee's subcommittee on school lunches prepared an outline for use in these county training schools for school-lunch workers.

VIRGINIA.—An all-day meeting of the State Nutrition Committee in Richmond on May 10 was planned around the idea of a nutrition institute or symposium. Included in the program were reports on nutrition research in Virginia, the part school lunch played in a rural South Carolina community, and the dependence of mental processes on nutrition. Other subjects of timely interest were "Some Observations on Malnutrition in the United States" and "The Role of the Food and Agriculture Organization of the United Nations in the Present Food Crisis." The following morning the committee met for a business session, including the election of officers.

CHICAGO.—The Chicago Nutrition Committee was incorporated (not for profit) as the Chicago Nutrition Association, Inc., in January of this year. Its object is "to improve the nutritional status of the people of greater Chicago by increasing public understanding of the importance of good nutrition and health and by disseminating authentic information about food and nutrition through existing agencies." Three classes of membership have been announced: (a) Active, \$3 per year; (b) associate, \$1; (c) sustaining, \$100 or more. The tentative budget for the fiscal year is \$10,000. To raise this budget the Association must depend upon public-spirited individuals, organizations, and business firms, as membership dues will account for a small part of the total.

The Association sponsored a "Town Meeting on Nutrition" on April 10 around the theme "Advancements in Food and Nutrition during War Years Applied to Present Day Living." In each of the three sessions—morning, afternoon, and evening—persons outstanding in their respective fields presented papers or took part in a panel discussion. The evening session was given over entirely to developments in the world food situation and the food supply as related to nutrition.

WASHINGTON.—An institute for sorority house and boarding house cooks on the State College of Washington campus was sponsored by the State Nutrition Committee recently. The five meetings of the institute were planned to give the cooks the information they were most eager to have. This would seem an excellent means of featuring conservation

ideas in line with the famine emergency campaign to a group responsible for the meals of many college students.

VERMONT.—As a follow-up of the nutrition clinic which they sponsored in the spring of 1945, the Southern Bennington County Nutrition Committee has an active program under way. A committee on adult education has reached well over 500 people with information on the results of the nutrition survey. Educational materials will be carried home by the school children. A second committee headed by a local physician who worked on the survey will make therapeutic tests. A third committee consisting of school superintendents and five elementary school teachers is investigating the possibilities of organizing a nutrition workshop for elementary teachers. The plan is to hold this workshop early in September.

ARKANSAS.—The State Consumer-Nutrition Committee began issuing a monthly news letter in March. The first issue announced that it "will contain reports of (1) activities in the counties; (2) district or State meetings, projects, or studies; (3) current research of interest to Consumer-Nutrition workers; and (4) other information and suggestions for use in planning." Assistance is given to the Committee in the preparation and distribution of the News Letter by the Arkansas Economic Council-State Chamber of Commerce and the Bureau of Research and the Department of Home Economics at the University.

Sincerely yours,



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